

## A Thrift Stunt Makes for Profit Through Planning

### CHANGING NEW WAISTS FOR BETTER

"WELL," said Ann, carrying me off into her room, "here is a thrift stunt that I am anxious to know your opinion of. Behold!"

She produced a bundle of soft, white goods that, spread out before me, proved to be a beautiful hand-embroidered shirtwaist.

"Thrift stunt!" I cried. "Why, Ann, you extravagant little wretch. That waist must have cost a fortune and!"

"That waist cost 69 cents," interrupted Ann serenely. "And here," she produced one even more exquisitely embroidered, "is one that cost just \$1."

I bent over them eagerly. I hated to disbelieve her, but 69 cents! Surely, they could not be handwork! But they were. There was no doubt about it.

"And now," went on Ann, "let me tell you the secret. I have discovered that for 69 cents, at the most \$1, if one really shops with an eye for bargains, a very dainty white waist of lawn or voile can be bought, with more or less machine embroidery stitched across the waist front. I generally select the simplest design both in waist and embroidery. Using this machine embroidery as padding, which saves me hours of labor and makes the final embroidery stand out beautifully, I follow the design and embroider right over it with No. 35 embroidery cotton. This very seldom takes more than two rainy afternoons, if one is industrious.

"If I wish an especially dainty waist I remove the cheap little pearl buttons that inevitably mar its appearance and sew on crocheted buttons, which cost 24 cents a dozen. I use half a dozen buttons, thus raising the

# Thrift Stunts for Thrift Stamps

By EDITH BISHOP SHERMAN

And Others



cost of my 69-cent waist to 81 cents. Two skeins of embroidery cotton, although one is usually sufficient to finish it, at 2 cents a skein, amount to 4 cents more, making the total cost of my waist come to 85 cents.

"I feather-stitch hurriedly turned seams, giving it all the individual touches that one pays for in the more expensive waists and never finds in the cheaper ones. Although hand-embroidered waists do cost a small fortune, as you said, I never pay more than \$5 for a waist. So, if my waist comes to 85 cents, I figure that I have saved \$4.15. Putting aside the 15 cents as a starting point for another waist, I invest the \$4 in Thrift Stamps, and laugh at the women who say they cannot save."

"But why could not one go further in this thrift stunt?" I cried, intensely interested. "I mean, embroider some of these inexpensive waists and sell them to the women who are too busy with war work to follow out the idea, but who love pretty things and would gladly pay that price for them, and then put the difference into the Red Cross."

"A splendid idea," said Ann approvingly.

### A Thrift Stunt to Save Steps

"Here is a good stunt to save work," said Ann, when we entered her little kitchen to prepare luncheon. "For years I have used the tea wagon, but that meant lifting dishes on and off the table. So now we use these."

So saying, she went over to a cupboard and produced four rattan trays, 20 by 14 inches. Swiftly she "set" each tray with a dolly and the necessary silver, adding the glassware and plates as she passed into the butler's pantry. By the time the trays reached the dining room they contained a complete luncheon on each for one person, and looked as tempting as an invalid's tray should look.

When Ann gave the signal by rising, I found that each person in this maidless house was supposed to carry his or her own tray into the kitchen, which left the table absolutely undisturbed. It took only a few minutes to clear the trays and make things shipshape in the little kitchen.

"These trays cost \$1 apiece. But they are well worth the money, for it means that I am through in one-fourth the usual time, and with plenty of leisure for more thrift stunts," said Ann, placing the last dish to dry in her dishrack.

E. B. S.

### This Stunt Works Both Ways

To induce saving for Thrift Stamps on the part of my laundress I suggested that she wash and iron the shirts instead of our sending them to the laundry, as has been our custom, so she is now doing them weekly and receiving the amount formerly paid the laundry, 45 cents per week, which she invests in Thrift Stamps.

As for my own "thrift stunt"—I have made arrangements with a farmer in the fruit district to buy from him a crate of each kind of

fruit on his place this summer. I share it with a friend. Already I have had strawberries and raspberries for canning and preserving, and deducting the amount I pay him from the current price in the neighboring shops, which I would have paid had I not made this arrangement, I have a very nice balance to put in Thrift Stamps—about \$4 so far on the two crates—and an equal amount for my friend, who is saving in the same way.

G. WEED.

### Conservation: First Cousin to Investment

Our savings for Thrift Stamps take the form of unconsidered pennies. When shopping, it often occurs that a parcel comes from the wrapper before the change carrier comes up; if the change is only a cent or two many women will rather go away without it than appear stingy enough to wait ten minutes for a cent. But those odd cents buy my stamps.

It is wasteful to trudge block after block looking for bargains, wearing out expensive shoe leather; but when one knows that a certain shop offers staple and needed goods at a cent or two lower than other places, it is easy to buy there without extra exertion. There are few shopping days when one cannot extract at least one Thrift Stamp from this economy.

I like to buy books, but ephemeral fiction, which is passed on to others later (usually to soldiers or sailors), is not bought in the edition first published at \$1.50 or \$1.25; I can afford to wait a few months until a later edition comes out at half price, and am so many Thrift Stamps richer. I can skip



in other ways to buy those books that are my permanent companions.

Most of my real economies are those that do not show in immediate savings, but in the domestic upkeep that looms so large in a year's time. For example, large linen tablecloths are never used at breakfast or lunch; for these meals we always have runners and doilies of Japanese towelling, bought by the piece very cheaply, and hemstitched in odd moments. The effect is good, and the saving in laundering and wear of linen is easily computed in Thrift Stamps.

Another very real saving is the keeping of a Christmas list; gifts are bought throughout the year, with real thought of the persons who are to receive them, often quaint and unusual things that are not procurable among holiday trifles, though purchased earlier at the despised bargain sales. A flock of Thrift Stamps can be bought with these savings!

E. T. ROYLE.

### Co-operation Is Conservation

My thrift saving stunt works in two ways—saves for stamps for me and does a real service to a friend. The friend is a business woman, who keeps house for a brother as well as herself.

My family is small; too small, in fact, to consume all the bread from one baking; so I sell this friend a loaf at each baking, which

is twice weekly, and use the money for Thrift Stamps. BERTHA L. STOCKBRIDGE.  
Think Twice Before You Spend—Then Don't

By "looking ahead" more money could be saved for Thrift Stamps. I have been trying it, and find that the pennies do grow—and so does the number of stamps on my card.

I have the telephone habit, but lately have been trying to "look ahead" and "think ahead," sending a note or postal where formerly I used the 'phone. Each time I do this I drop three cents or two cents, or eight cents, or whatever the difference between stamp and 'phone call would be, into a box, and the accumulation is surprising.

Then, too, I try to group my errands when I go downtown, so that I can save carfare or use a transfer, and this money goes in the box, too. It means anyway a Thrift Stamp a week, which is what I pledged in my club, and often much more.

HELEN GRANT.

### A Family That Saves by Psychology

The members of our family have formed the habit of buying a Thrift Stamp every time we go downtown, generally going without our usual ice cream and candy to do it. The husband buys one every time he passes a drug store and the young lady across the way has put herself "on pure English rations," as she whimsically puts it, by fining herself every time she uses a slang expression.

M. B. BROOKS.

("To be continued." If you have an original thrift stunt of your own report it to the Director of The Tribune Institute and you will get four Thrift Stamps in exchange, providing the idea is new and practical enough to print.)

# "LIVER AND LIGHTS" ARE REALLY DELICACIES



By VIRGINIA CARTER LEE

IN MANY of the butcher shops in England there appears a small sign stating that "liver and lights" are for sale within; and now that we are learning to make use of the more perishable parts of all animals, such as liver, heart, kidneys, tripe and brains, it is to be hoped that our American butchers will feature these delicacies, that are usually less than the price of the regular cuts.

Unfortunately, few American housekeepers are acquainted with their possibilities, and consequently there is but small demand for them; but if the caterer will go shopping and be primed with the knowledge that lamb's or beef liver is quite as delicate when rightly cooked as the more expensive variety taken from the calf, she will find that delicious meat dishes can be obtained at small expense from these "perishables" which cannot be shipped.

All commodities are subject to the law of supply and demand; consequently the exact prices for these meats are difficult

to give, for they are not governed by the general rules affecting roasts, chops and steaks. For example, a marketman having on hand a number of lamb's kidneys may be glad to sell them at 8 cents each, or even less; while another, having a demand for them, will ask as high as 15.

Since all internal organs of animals spoil very quickly they should be cooked as soon as possible after their arrival from market. If they are intended for use later in the day or on the following day give them at least a preliminary simmer to insure their safekeeping.

In the recipes is given an excellent one for liver loaf, or mock paté de foie gras, but an equally appetizing dish is liver smothered in onions. Slice the liver (either beef or lamb's) rather thick and pour over boiling water to cover (this draws out the blood); let stand for three or four minutes, then drain and cool. Roll in seasoned cornmeal and fry until well browned in hot pork fat. Before cooking the liver, slice three white onions and brown them delicately in a little hot dripping, pour in seasoned stock to nearly cover, set back on the fire and simmer until the liquid is reduced one-half. Add a few drops of kitchen bouquet, half a teaspoonful of rice flour moistened with a little water and stir until smooth. Pour all over the liver and let stand where it will keep hot, but not cook, for five minutes. Add extra salt and paprika to taste.

Supplies for the week will include, at the butcher's, one pound and a half of calves' brains at about 40 cents a pound, one pound and a quarter of beef at 30 cents a pound, one pound of honeycomb tripe at 28 cents a pound, one beef heart at 60 cents, four mutton kidneys at 12 cents each, three-quarters of a pound of beef liver at 30 cents a pound, and three veal kidneys at 20 cents each.

These menus are based on a \$16 weekly budget for four persons.

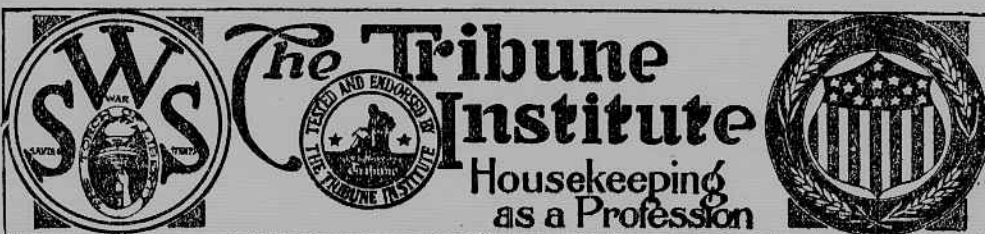


### Eating the Perishable Meats

Some people have a prejudice against eating the organs of animals, though they are not a bit repelled by a steak or a roast! Just now we are urged to buy the kidneys, livers, heart, brain, tongue and sweetbreads, since they cannot be shipped. The objections to eating these organs seem to be largely sentimental or esthetic; as a matter of fact, nothing could be more delicate than sweetbreads, tongue and brains—while kidneys, broiled or stewed, have always had an honorable place in the good books of the epicures.

As to nutrition, they average up well with the meat tissues, but contain usually less fat and by the same token fewer heat units. McCollum has called attention to the fact that these glandular organs, rich in cells, perform to a certain extent the same protective function in the diet as do the leaves (spinach, lettuce, cabbage, etc.) among the vegetable foods. This, their greater delicacy and lower fat content make them especially appropriate for summer meats, and it should be no hardship for the home caterer to make skillful and profitable use of these perishables for there is practically no waste. With the exception of the calves' liver and sweetbreads, the prices are decidedly lower than for other classes of meats, and even these two are no higher. Every family, two or three times a week, can surely manage to use some of these "war meats" and the cook can make the duty a pleasure.

A. L. P.



### TESTED RECIPES

#### Panned Calves' Brains

When the brains are received drop at once into cold water and change the water until all the blood is drawn out. Carefully pull away as much of the covering membrane as possible. Put into a saucepan, add one teaspoonful of salt, a bayleaf, a slice of onion, a sprig of parsley and boiling water to cover. Simmer gently for twenty minutes, then drain and plunge into cold water. Chill, cut in slices, roll in seasoned cornmeal and fry in a little hot pork fat.

If preferred, the brains can be reheated and served in a tomato or brown sauce and they are also good with a little browned butter (to which a few drops of vinegar has been added) poured over them.

#### Lyonnais Tripe

The honeycomb variety is the best. Soak the tripe for several hours, then scrape thoroughly clean, put on in salted water and simmer for three hours until almost like jelly. Drain off the water and chill the tripe (this should be done the day before). Heat three tablespoonfuls of shortening in a frying pan, add one minced white onion and cook slowly until the onion is tender, but not browned; add one large cupful of the cooked diced tripe, increase the heat and brown delicately. Just before serving, season to taste with salt and paprika and sprinkle in one tablespoonful of chopped parsley. If desired, a slice or two of minced green pepper may be cooked with the onion, and if this is done omit the paprika.

#### Stewed Kidneys With Mushrooms

This is a delicious dish, and either



mutton or veal kidneys can be used. Be sure they are very fresh. Trim four mutton kidneys and soak in salted water for one hour, then cut in slices half an inch thick and roll in rice flour. Brown over in a little hot dripping, add three-quarters of a cupful of seasoned brown sauce and half a cupful of sautéed mushrooms. Simmer all slowly for ten minutes, add a wineglassful of sherry or Madeira, if desired, and serve immediately.

#### Liver Loaf

(Mock Paté de Foie Gras)  
Cut three-quarters of a pound of beef liver in small pieces and pass through the meat grinder. Add to one cupful of the liver pulp one-quarter of a cupful of bread crumbs moistened with water (barley and rice flour bread will do), one teaspoonful each of melted butter and salt, half a teaspoonful of paprika, two well beaten eggs and a saltspoonful each of nutmeg and allspice. Mix well, turn into a buttered mould, set in a pan of hot water and bake about one hour. This is delicious either hot or cold.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> Stewed Plums Fried Tomatoes Spider Corn Cakes Coffee	<b>BREAKFAST</b> Corn Flakes with Sliced Peaches Poached Eggs in Green Peppers Potato Cakes Coffee	<b>BREAKFAST</b> Pears Moulded Cereal Lyonnais Tripe Radishes Rye Bread Toast Coffee	<b>BREAKFAST</b> Blackberries Creamed Eggs with Pimientos Fried Hominy Coffee	<b>BREAKFAST</b> Cantaloupe Fish Cakes (from salt cod) Watercress Rice Muffins Coffee	<b>BREAKFAST</b> Black Caps Cornmeal Mush Thin Cream Parsley Omelet Thin Rye Bread Coffee	<b>BREAKFAST</b> Chilled Cubes of Watermelon Hominy and Nut Scrapple Toasted Boston Brown Bread Coffee
<b>LUNCHEON</b> Cream of Corn Soup Rye Bread Fruit Salad	<b>LUNCHEON</b> Brain Salad Boston Brown Bread Sandwiches Ripe Olives Red Raspberries	<b>LUNCHEON</b> Cheese Omelet Baked Potatoes Iced Fruit Tea Cookies	<b>LUNCHEON</b> Sliced Heart Chutney Creamed Potatoes Watermelon	<b>LUNCHEON</b> Tomato Rarabits Olives Oatmeal Bread Toast Peach Whip	<b>LUNCHEON</b> Cucumber and Onion Salad Ginger Ale Cup Sponge Cake Stewed Fruit	<b>LUNCHEON or SUPPER</b> Cold Sliced Liver Loaf Corn Bread Iced Tea Moulded Chocolate Junket
<b>DINNER</b> Anchovy Paste Canapes Breaded Calves' Brains Carrot Timbales Baked Potatoes Watercress Cantaloupe	<b>DINNER</b> Tomato Cocktails Liver Smothered in Onions Green Peas Potato Balls Lettuce Salad Plum Sherbet in Meringues	<b>DINNER</b> Jellied Bouillon Braised Beef Heart Spinach Riced Potatoes Vegetable Salad Sliced Peaches	<b>DINNER</b> Cream of Spinach Soup Stewed Kidneys with Mushrooms Escalloped Potatoes Romaine Salad Compote of Green Gages	<b>DINNER</b> Onion Soup Broiled Mackerel String Beans Mashed Potatoes Egg Salad Red Raspberries	<b>DINNER</b> Clam Soup Hashed Browned Potatoes Tomato Sauce Green Corn Rice Pudding	<b>DINNER</b> Tomato Bouillon Kidney Pie Succotash Parsley Potatoes Macedoine Salad Frozen Custard in Cantaloupe

# War Time and Summer Time Make Vegetarian Converts

By MAY BELLE BROOKS

MANY of us who refuse to give up meat entirely, nevertheless look with tolerance upon a summer diet with little of this food. An occasional dinner of herbs during the hot season will not disqualify a man from membership in the stalled ox club.

Science has proved that cheese, beans, peas, eggs, milk and nuts all furnish the body with the tissue building elements that meat contributes. The trouble with so many vegetarians is that they do not understand food values, and think that so long as they are eat-

ing any vegetable they are doing the consistent thing. They should learn to choose the right combination of vegetables, seeing to it that the body is supplied with every needed element.

Eggs are perhaps the most acceptable summer meat substitute. A delicious way to cook them is to place a layer of buttered crumbs in a baking dish, then a layer of eggs, broken whole, and next a layer of canned tomato soup, thinned slightly with water. Have the last layer crumbs and bake in a moderate oven until brown.

Hard cooked eggs, sliced, are good served with a tomato or cream sauce. An attractive way to combine the starchy and the nitrogenous elements is to serve the sliced eggs in alternate layers with creamed boiled potatoes, using an extra quantity of the cream sauce. Bake until heated through and well browned. To "Lyonnais" these eggs use a little onion in butter. This is nice for luncheon or supper.

When the day is unusually hot such a cooling dish as eggs in aspic is very tempting. To make the aspic jelly dissolve one tablespoonful of gelatin in a little cold water, pour over it one cup of strained tomato and the same of strained bean soup. Season with salt, pepper and a teaspoonful of onion juice and pour into ramekins. Drop one egg into each and set in a pan of hot water in the oven until the eggs are poached. Set in a cold place to harden. Served with a lettuce salad, this makes a delightful hot weather luncheon.

Cheese comes next in the order of summer meats because it is easily digested (unless cooked too long and at too high a temperature) and its pungency is very agreeable to a jaded appetite. Potatoes and cheese are very good together, and a change from the well known potatoes au gratin, or potatoes scalloped with

cheese, is mashed potatoes served with a rich cheese sauce. This is made by adding grated cheese to cream or white sauce just before removing it from the fire.

For a delicious cheese fondue use one cup of soft breadcrumbs, one cup of hot milk, one tablespoonful of butter and one cup of grated cheese. Mix well, then stir in three beaten eggs. Put in a buttered baking dish and bake about thirty minutes in a hot oven.

Eggplant in itself is not very nutritious, but cheese makes up for its deficiencies. The cheese may be grated and sprinkled over the fried slices and placed in a quick oven to melt, or the eggplant may be stuffed with a mixture of cheese, bread crumbs and onion, and baked. Before stuffing the vegetable it should be par-boiled in salted water ten minutes.

Italian polenta is a more hearty dish, but forms an interesting change. To one pint of hot mush add one egg, one cup of grated cheese, a tablespoonful of butter. When cold slice and arrange in a baking dish with more cheese sprinkled over it, and brown. Serve with tomato sauce. Or slices of plain boiled mush may be laid in a baking dish alternating with layers of cheese and baked. A good, substantial supper dish consists of mush moulded in baking powder cans with grated cheese and

nuts, then cut in slices, rolled in beaten egg crumbs and cracker crumbs and fried in hot fat.

Hominy is another medium for introducing the meat element, and, although hominy and mush may suggest cold rather than warm weather delights, they are very useful when saving meat and wheat. Plain boiled hominy, well cooked and covered with a cheese sauce liberally mixed with chopped pimientos, is excellent. Or you may like hominy pudding better. Combine one pint of cooked hominy, two tablespoonfuls of butter, two cups of milk and four eggs. Bake until the eggs are set.

Cottage cheese croquettes are new to most palates. Season the cheese with pimientos or green peppers, young onions or chives, and

mould into croquettes. Roll in egg and cracker crumbs and fry. Serve with potato salad.

Bean sausages are delicious. Rub the cooked beans, navy or lima, through a sieve to extract the indigestible skins. Add two raw eggs to each pint of the pulp and sufficient bread crumbs to render the mass stiff enough to mould into sausage shape. Sauté in butter, or spread the butter over them and brown in a hot oven. Serve with tomato sauce.

Bean loaf is made in much the same fashion. Shape it into one long roll and wrap in wax paper. Place in a hot oven for twenty minutes. Remove the paper after placing the roll on a platter and pour over it a brown sauce. To make bean pudding add a cup of milk, omitting the bread crumbs, and bake in a pudding dish. Plain boiled beans become transformed if served with Hollandaise sauce or a boiled mayonnaise with chopped pickles.

